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metroNEWS

DELIVERY ROLLOUT

Affordable markets face closure

FOOD SECURITY

Anti-poverty group seeks $100K to keep grocers open

Lucy Scholey
Metro | Ottawa

Two community markets could have shortened shelf lives if organizers can't secure enough funds to keep the fruit and veggie stands open, Ottawa's board of health heard on Monday.

Good Food Markets, pop-up affordable food markets that serve 11 communities including Bayshore and Sandy Hill, needs $60,000 for a bare bones budget next year. The grocery-on-wheels MarketMobile still has funds in the bank, but could be stalled if the organization can't find $40,000 in funds.

The Poverty and Hunger Working Group, the umbrella organization that oversees both markets, pleaded its case to the health board, asking for $100,000 in city funding.

"We're looking to buy some time so that we can get some feet to stand on and really be able to move forward," said Kaitrin Doll, the Anti-Poverty Community Coordinator, outside the meeting. "Our goal is to be more sustainable, but that doesn't happen in eight months."

Last year, MarketMobile secured $30,000 in funding through the Ministry of Health and Long-Term Care, via the city. With that, the group rolled out a pilot project in an OC Transpo bus, but later bought a trailer and truck with a Community Foundation of Ottawa grant.

The Ontario Trillium Foundation also gave $200,000 in funding divided between MarketMobile and Good Food Markets. But the Poverty and Hunger Working Group was unsuccessful in its grant application this year.

Volunteers and regulars came out in support of the markets on Monday. Beverly Puddicomb said seniors and people on fixed income rely on the affordable food stalls. Others use it simply because a grocery store is lacking in their neighbourhood, like Bayshore, which is a "food desert," according to volunteer Charles Black.

Members of the Ottawa Board of Health made it clear: they want the markets to stay, but there's no room in the board of health's $59 million budget.

Dr. Isra Levy, the city's chief medical officer, said they will continue working with the Poverty and Hunger Working group to find other funding avenues.

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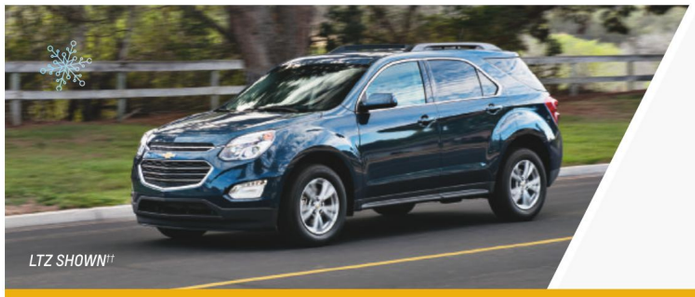

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Question period may change

LEGISLATURE

Conservatives grill Trudeau on the fight against ISIL

Michael Woods
Metro | Ottawa

Prime Minister Justin Trudeau answers a question in question period on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Question period returned to Parliament on Monday, with Prime Minister Justin Trudeau fielding questions from opposition MPs for the first time.

But question period may not look the same for much longer.

Trudeau announced that the Government House leader, Dominic LeBlanc, is already in talks with his opposition counterparts to examine establishing a Prime Minister's question period.

In the U.K., the prime minister answers questions from MPs one day per week for an extended period of time, rather than appearing to answer a few questions each day.

"I look forward to participating in prime minister's question period some time in the future," Trudeau told the House on Monday.

But not everyone looks forward to it.

"The Liberals promised more accountability," NDP Tom Mulcair told reporters afterward. "Having the prime minister show up less often to question period isn't more accountability, it's less accountability."

Interim Conservative party leader Rona Ambrose, however, was more open to it.

"We're open to looking at the proposal," Ambrose said. "We know how the U.K. model operates, but I think we have to see what they're going to bring forward and see how Canadians feel about it. Just because it works in the U.K., it may not be something Canadians want."

Monday's inaugural question period gave an indication of what could be expected in the beginning weeks of the 42nd Parliament.

Conservative leader Rona Ambrose questioned him on his plan to withdraw Canada's CF-18 fighter jets from the mission against ISIL.

The Conservative party led off with five questions about Trudeau's pledge to withdraw Canada's CF-18 fighter jets from the mission against the so-called Islamic State; three from Ambrose and two in French from deputy leader Denis Lebel.

> **Having the prime minister show up less often to question period isn't more accountability ...**
> Tom Mulcair

"Stepping back from the fight against terrorists is not stepping up," Ambrose said. "Will the prime minister just admit that he is more committed to his ideology than he is to our allies in the fight against (ISIL)?"

Trudeau said Canada will remain a strong member of the coalition, and while the Liberals have committed to end airstrikes, they will transform Canada's engagement in the mission, and are in discussions with allies about how best to participate.

NDP leader Tom Mulcair—relegated to third-party status from his former job leading off question period—asked about climate change, environmental assessments and door-to-door mail delivery. He was unimpressed with the new government's responses.

"They seem to have really learned the lessons from the previous government," he said afterward, saying ministers responded to specific questions with "pure bafflegab and obfuscation."

There were also several exchanges between new Tory critics—themselves former ministers—and new Liberal ministers, such as finance critic Lisa Raitt and Finance Minister Bill Morneau.

"I'm sure we're going to have a lot of fun in the coming weeks," Raitt said.

Later, Morneau—who fielded numerous questions—echoed the thought. "I think this will be fun."

PETITION

Change needed on road say residents

Residents hope to "take back River Road" when they present a petition of 550 signatures to council Wednesday.

The petition asks council to reduce the rural arterial's speed limit to 50 and 60 km/h between Earl Armstrong and Limebank Roads, limit heavy trucks and cut back left turns from Vimy Memorial Bridge.

"The ultimate objective is to reduce the volume of cars on River Road," said Robert Squires, who started the petition with three other residents. He said 96 per cent of houses canvassed signed the document.

Four hamlets just north of the bridge connecting Barrhaven and Riverside South have seen an influx of traffic since it opened in July 2014, sending 5,000 extra cars through the area every day, mostly at rush hour, Squires said.

It's trapping people in their laneways as they wait to turn left, he said, and it's creating safety concerns as drivers speed and pass on the shoulder.

"It's ridiculous," said Susan Laham, who has lived there long enough to remember herds of cattle crossing the road. She said commercial trucks are increasingly using the route to access the Independent Grocer parking lot to the south, or to cut north into the city.

City staff have been tweaking the system to convince drivers to take Limebank, which is built for that volume of traffic and doesn't intersect with residential streets and driveways. EMMA JACKSON/METRO

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Local police feeling the love

STATSCAN SURVEY

OPS rates highly in public's estimation

Michael Woods
Metro | Ottawa

The Ottawa Police Service is the most approachable local police force in the country, a new Statistics Canada survey suggests.

The survey, which measures confidence in public institutions, showed that Ottawa residents rated their police higher than the national average in the six different categories measuring their performances.

Eighty-one per cent of Ottawans said police are "approachable and easy to talk to." That was the highest rating among the 24 Canadian cities surveyed.

The other five categories were: ensuring the safety of citizens (76 per cent), responding promptly to calls (80 per cent), treating people fairly (76 per cent), enforcing the laws (74 per cent) and providing information on crime prevention (67 per cent).

Every rating was above the average for the cities surveyed.

Overall, Canadians' perceptions of police have become more favourable in the last decade. Compared to 2004, more people believe police are doing a good job in five of the six categories.

The police were also the institution with the highest level of public confidence, with three-quarters of Canadians having some or a great deal of confidence in them.

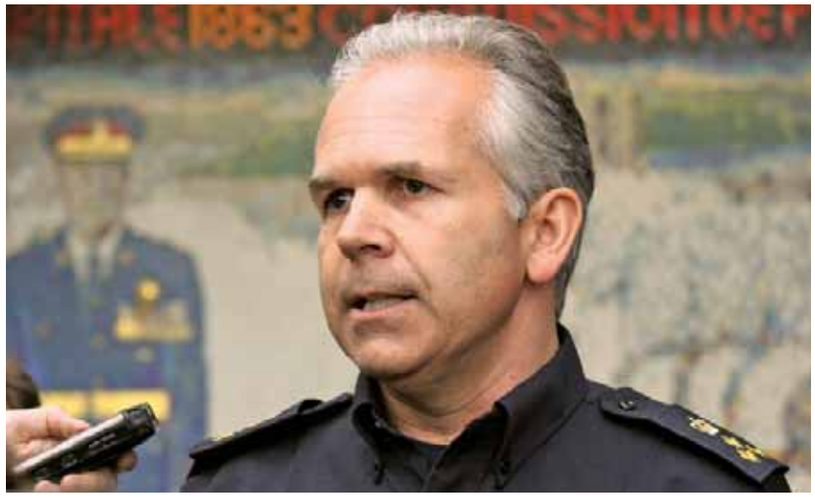
By contrast, only three in 10 Canadians expressed confidence in major corporations. Parliament fared only slightly better, with 38 per cent confidence. And only 40 per cent expressed confidence in the media.

The school system (61 per cent), banks (59 per cent) and the justice system (57 per cent) fared better.

Ottawans were more confident than the national average in institutions — except for Parliament (36 per cent) and corporations (27 per cent).

The survey showed women, older Canadians, those with a household income of $80,000 or more, visible minorities and immigrants were generally more likely to have confidence in government and institutions.

The StatsCan report was based on data from the 2013 General Social Survey on Social Identity and the 2014 General Social Survey on Victimization. The target population included all people 15 and older.



Ottawa Chief Charles Bordeleau's officers got the highest rating in Canada. METRO/FILE PHOTO

Officers are approachable and easy to talk to.
81% of survey respondents

IN BRIEF

Man charged with sexual assault of teenager

Ottawa Police have charged a man with sexual assault after an incident at a Stittsville hair salon.

He allegedly "inappropriately touched a teenaged female client" in a salon on the 1400 block of Stittsville Main Street in October.

Ahsan Tamish, 41, appeared in court Monday accused of sexual assault and sexual interference, which applies when a victim is less than 16.

Sexual Assault and Child Abuse investigators ask anyone with information to contact the Ottawa Police Service Sexual Assault and Child Abuse Unit at 613-236-1222, ext. 5944. HALEY RITCHIE/METRO

United Way drive raises $512,000

The Ottawa Catholic School Board says it raised a total of $512,238 in its 2015 United Way Campaign. Over the past 10 years the annual drive has donated $5 million to the United Way, the board said. HALEY RITCHIE/METRO

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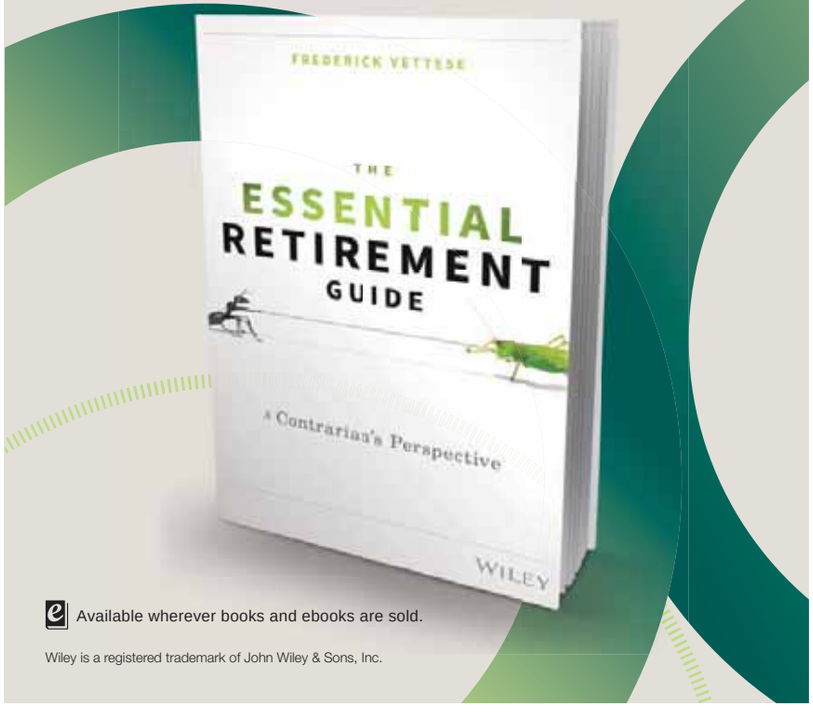

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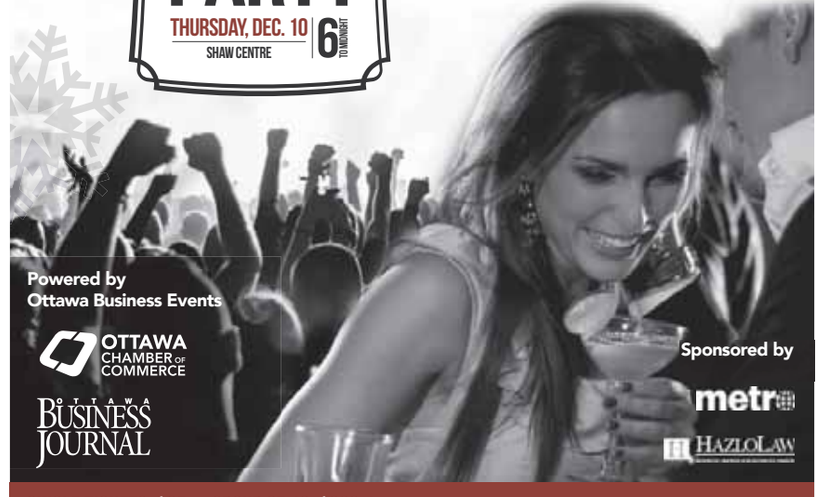

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Genre-bending 'eclectic' style hits Wakefield pub

MUSIC

Stone Age Man takes Kaffe 1870 stage Friday night

Trevor Greenway
For Metro | Ottawa

If you show up at Kaffe 1870 this Friday and don't like what you hear onstage, down a beer, sneak out for one of those special Wakefield cigarettes and come back inside — Stone Age Man will likely be playing something more in your genre.

That's part of the concept behind Stone Age Man, the brainchild of multi-instrumentalist and songwriter Greg Stone, who doesn't like pigeonholes very much. It's hard to place a category on the seven-piece, pop-rock-country-roots-folk band from Wakefield, but finding something they are not is equally as hard. Stone calls it "eclectic vintage pop."

"It's new music, but it feels in a lot of cases like a classic pop or rock song from the '60s, '70s. I'm not so into the '80s," says Stone, letting out a small snicker. He says the idea from the beginning was to let the ideas flow through him, to let the sonic serum infect his innate tendencies to help break out of his shell and write different songs, from a different place.

"For me, it's about writing good, strong songs. If a song comes out as a country song, then we play a country song. If it comes out as a weird tango song, then we play a weird tango song. We don't like to restrict ourselves to a certain style. It's more about where does this song want to go?"

Stone started the band as his own solo recording project over a year ago, but quickly realized that he wouldn't be able to reproduce the songs live without the help of some serious players. It was much more than just a man and a guitar, rather a layered masterpiece filled with multiple horn sections and drum patterns that no looping machine can handle onstage.

And when you're in Wakefield, you don't have to look far to find serious players with serious chops. Stone quickly linked up with the ethereal voice of Bethan Nodwell, former Godspeed You! Black Emperor drummer Bruce Cawdron and a handful of other notables that can jam until the sun comes up in Zion.

> **"For me it's about writing good, strong songs."**
> Greg Stone

"We like to have fun," adds Stone.

"With this group of people, they are all my friends and they are mostly all from Wakefield, so it's nice to have a whole bunch of my local friends onstage with me."

Stone Age Man and his friends will start Friday night out slow, warming the dance floor up with some "out there" tunes, so everyone gets enough liquid courage in them for a dancey second half.

The show starts at 9 p.m.

See you in Wakefield!

Greg Stone, of Stone Age Man, says the band's creative process gives their sound the space it needs to develop organically. COURTESY JASON REASBECK

GOLDEN PALACE

National delivery service launched

Haley Ritchie
Metro | Ottawa

They just can't get enough of Ottawa's egg rolls.

Canadians across the country will now be able to order Golden Palace egg rolls after the restaurant said Monday it is partnering with Shopify and FedEx.

Ironically, the restaurant doesn't do local delivery for takeout, but you can now log on to their new website and have a box of egg rolls shipped anywhere in the country within 24 hours.

"This idea has been on our radar since I took over the restaurant five years ago," said Bill Kwong, the third-generation owner of the restaurant. "I'm now the owner and a bit more tech savvy."

Golden Palace will turn 56 this year and its "famous egg rolls" have been doing a lot of travelling lately. Last month, Kwong began selling them at Montreal's Bell Centre. Four years earlier, Sens fans were enjoying them.

Starting this week, Kwong launched a new Shopify website and is partnering with FedEx and a company called Penguin Pickup for easy shipping and pick-up in the GTA, and anywhere outside the GTA that FedEx reaches.

"We have a lot of customers across Canada," he said.

Those special egg roll orders come at a price — ordering the rolls via FedEx priority overnight shipping to Calgary costs $33, meaning an order of 24 egg rolls would total around $80.

Direct shipping to the refrigerated pick-up spot in Oakville is slightly cheaper at $20 for 24.

"There's been a lot of customer demand. I've spent eight months planning this, consulting and selecting vendors," said Kwong. "It's very exciting."

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High-occupancy vehicle lanes, similar to proposed HOT lanes, are seen on the Gardiner Expressway, eastbound from Royal York Road. The HOV lanes were in place during the Pan Am and Parapan Am Games. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Some don't like it: HOT

TRAFFIC

Tories, NDP jeer proposal to charge tolls on QEW lanes

Ontario is taking a go-slow approach to one of its plans to ease traffic congestion, announcing a pilot project for a HOT (high-occupancy toll) lane on the Queen Elizabeth Way between Oakville and Burlington.

Drivers who don't have any passengers will be allowed to pay a toll to use the high-occupancy vehicle lane on the 16.5-kilometre stretch of the QEW between Trafalgar Road and Guelph Line that is meant for people who carpool. The four-year QEW pilot project will start next summer, but the government won't announce how much the toll will be until next spring.

Transportation Minister Steven Del Duca said Ontario plans to follow a similar approach to the one taken in Utah, which charged $50 a month during its HOT pilot project before moving to a fully electronic toll system with variable rates.

"I want to stress that doesn't mean that I'm announcing that will be our price here in Ontario," he said. "We don't know yet, and have more analysis to do."

Ontario plans a network of electronic HOT lanes with "dynamic" pricing based on time of day and traffic flows, and would post rates on highway billboards.

"Whatever the rate would be when the enter they lane it stays at that for their balance of time in the lane," said Del Duca. "It gives the government and the system the chance to take into account what's happening in real time in order to deal with what we call traffic demand management."

The transportation minister said it would be "premature" to talk about possible revenue from the tolls "until we've landed on what the cost will be for motorists."

The government will limit the number of permits issued to drivers who want to buy their way into the QEW's carpool lane.

"We'll probably end up in the neighbourhood of roughly 1,000 permits in total, but that will be done in phases over time," said Del Duca.

> **We all know we'll be seeing tolls on the 400 series highways.**
> PC transport critic Michael Harris

A new HOV and HOT lane will be created on the extension of Highway 427 north from Highway 409 when it opens in 2021, but the province is not looking at turning the car pool lane on Highway 417 in Ottawa into a toll lane, at least not for now.

The Progressive Conservatives oppose adding tolls to highways that taxpayers have already paid for.

"It may be the QEW today, but we all know we'll be seeing tolls on the 400 series highways," warned PC transport critic Michael Harris.

The New Democrats said it's not fair to let the wealthy pay to ride alone in carpool lanes, which they call Lexus lanes.

"Are people who are well-heeled going to be able to drive to work quicker while people who are a little bit less well off are going to be stuck in the slow lane?" asked NDP Leader Andrea Horwath. THE CANADIAN PRESS

CITY HALL

Ottawa might look at congestion taxes

Emma Jackson
Metro | Ottawa

Ottawa could consider congestion taxes and other pay-to-drive systems as early as next year, just as the province is rolling out its new carpool toll lane program.

Transportation Minister Steven Del Duca announced Monday morning the province will convert one stretch of the Queen Elizabeth Way's high-occupancy vehicle (HOV) lanes to high-occupancy toll (HOT) lanes, allowing single-occupant drivers to pay to use what's otherwise only available to carpoolers.

Ottawa's carpool lanes likely won't get the same treatment for years, but the transportation committee may look at other options in the meantime. Coun. David Chernushenko asked staff last week to estimate the cost and effort required to study best practices for congestion taxes, municipal gas taxes and user fees on bridges.

Staff will report back Feb. 3, and from there the committee would have to decide to go ahead with the study or not.

That's a positive step, said Trevor Haché, who speaks for Ottawa's Healthy Transportation Coalition.

He said the toll lane program doesn't actually get people out of their cars. If the province and city are serious about combatting greenhouse gas emissions, he added, they need to consider real disincentives.

"We would welcome the city committing to study all the options," Haché said.

A similar study was included in an early draft of the city's 2013 transportation master plan, but it was removed from the final document.

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In this artist's sketch, George Furey, the new Speaker of the Senate, testifies in Ottawa, Monday. GREG BANNING/THE CANADIAN PRESS

Spending rules were 'intuitive'

MIKE DUFFY TRIAL

New Speaker Furey insists senators could seek out advice

The new Speaker of the Senate says the upper chamber's spending rules didn't need to spell out every detail of what was allowed to be expensed because much of it was "self-explanatory" and "intuitive" for senators.

Two independent auditors — those from Deloitte who were tasked with reviewing Mike Duffy's expenses, and another group from KPMG who audited the Senate's finances — decided that the rules were unclear and, to paraphrase KPMG, lacked enough detail that they could be misunderstood by senators.

Senate Speaker George Furey told Duffy's defence trial Monday that many specific circumstances aren't laid out in the rules. Furey said there is nothing in the Senate's rules or the handbook senators receive that says he can't pay someone to cut down trees on his property, but senators should know that expensing such activities is not permissible.

The overriding theme of the rule book and the senators' handbook is that each senator is a trustee of the public purse and should keep that in mind when filing expense claims.

Furey said senators were urged to ask the Senate's administration or the committee that oversees spending about any rule if they had any question, concern or misunderstanding about the rules and to do so before they filed an expense claim.

Duffy's defence team has long argued that the Senate's spending rules were unclear and ambiguous enough that Duffy could not have broken any rules, including those governing his duties as a senator, because the term was loosely defined.

Furey told the court that senators are given broad leeway when it comes to how they define parliamentary business given the broad range of activities they undertake.

A 2010 outside audit by firm Ernst & Young found "a lack of clear guidance and criteria" that would help senators understand what was a "parliamentary function" and what the Senate would pay for.

Furey told the court that the Senate's internal economy committee, which oversees spending, was sometimes told by administrators that senators had questions about what they could charge for and what constituted a "parliamentary function."

> **I would not pre-sign a document because it would be open to abuse.** George Furey

Duffy's lawyer, Donald Bayne, also continued to make his case that the Senate didn't always follow its own rules. He pointed out that Duffy didn't always sign the monthly attendance sheets that senators file, which show how many sitting days they missed. Instead, someone from the Senate clerk's office would stamp it or sign it with the words "deemed as signed." Furey said there was no rule he was aware of allowing that practice.

Furey also said he never signed a blank expense claim, something Duffy's former assistant has testified the former Conservative senator did to facilitate paperwork.

Furey said he spoke to his Senate Liberals in caucus meetings about the issue and advised them against it, adding that Conservative senators were given the same advice behind closed doors by senior Tory senators.

Furey called signing blank expense forms "poor practice," but said he had no first-hand knowledge of anyone doing it. When asked if he would do it, Furey was blunt: "I would not pre-sign a document because it would be open to abuse."

Duffy has pleaded not guilty to 31 criminal charges stemming from his travel, office and housing claims.

Furey was on the three-member executive of the Senate committee that oversaw Duffy's spending audit in 2013 and was appointed Speaker of the Senate last week by Prime Minister Justin Trudeau.

THE CANADIAN PRESS

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Pictures of Wednesday's shooting victims are displayed at a makeshift memorial site Monday in San Bernardino, Calif. THE ASSOCIATED PRESS

School distances itself from shooter in California attacks

AL HUDA INSTITUTE CANADA

Canadian branch says it doesn't teach extremism

The Canadian branch of an Islamic foundation distanced itself Monday from the woman who carried out last week's mass shooting in California following reports she had attended one of the group's schools in Pakistan.

The Al Huda Institute Canada condemned the attack by Tashfeen Malik and her husband — which left 14 people dead and 21 wounded — and expressed concerns about a possible backlash against the foundation, which has been criticized for teaching a particularly conservative strain of Islam.

"Religious conservatism is one thing. You have people who are conservative in all faiths," said Imran Haq, the institute's operations manager. "Extremism is something completely separate and there is absolutely no strain of that here."

The women-only institute, located in Mississauga, Ont., was founded in 2005 by Farhat Hashmi, a Pakistani scholar who lived in Canada at one point but hasn't resided in the country "for many years," Haq said.

It is among a number of branches across Pakistan, the U.S. and the U.K. which all teach ideology and principles she has promoted.

The Al Huda institutes have come under the spotlight after it emerged that Malik attended a branch in the Pakistani central city of Multan.

The region where the school is located is home to thousands of extremist seminaries, with hundreds of them linked to al-Qaida and the Pakistani Taliban.

While Hashmi has been criticized for being very conservative, her schools, however, have no known links to extremists.

Malik spent more than a year at Al Huda, taking classes six days a week, but didn't finish a two-year course to study the Qur'an, its translation and interpretation, the Pakistani school's spokeswoman Farrukh Chaudhry said.

She was a student there from April 17, 2013 until May 3, 2014, when she handed in her last paper in the first-year curriculum, the spokeswoman said. Malik said she was going to get married and move to America, and promised to complete her studies by mail correspondence, but that never happened, Chaudhry said.

"I have talked to her teachers, her classmates and everybody says she was a hardworking, friendly, helpful and obedient student," Chaudhry said, adding that "no one ever noticed any signs of radicalization."

In a statement issued Monday, the Al Huda International Welfare Foundation said it seemed Malik was "unable to understand the beautiful message of the Qur'an."

> **We cannot be held responsible for personal acts of any of our students ... The organization stands to promote the peaceful message of Islam and denounce extremism, violence and acts of terrorism.** Foundation's online statement

MORE LOCAL NEWS ONLINE

INDIGENOUS WOMEN

Liberals to start inquiry

The Liberal government will begin laying the groundwork for a national inquiry into missing and murdered indigenous girls by announcing details of a consultation process Tuesday afternoon.

Indigenous and Northern Affairs Minister Carolyn Bennett, Justice Minister Jody Wilson-Raybould and Status of Women Minister Patricia Hajdu, the three cabinet ministers charged with setting up the inquiry, will reveal the details in the foyer of the House of Commons 12:30 p.m. Tuesday.

Prime Minister Justin Trudeau promised during the election campaign to devote $40 million over two years to a national inquiry into the First Nations, Métis and Inuit women and girls who have been murdered or gone missing in Canada.

They number more than 1,200.

A Toronto Star analysis published last week suggests nearly half of those killed did not know, or barely knew, the perpetrators.

This contrasts with the perception left by politicians and the RCMP.

TORSTAR NEWS SERVICE

Minister of Indigenous and Northern Affairs Carolyn Bennett. THE CANADIAN PRESS FILE

EXPORTS

Chinese main buyers of polar bear fur: Study

A study shows **Chinese consumers** have taken over from American sport hunters as the main buyers of Canadian polar bear exports. ISTOCK

A new analysis shows Chinese consumers with an appetite for luxury have taken over from American sport hunters as the main buyers of Canadian polar bear fur.

But the study to be presented this week at a conference in Vancouver concludes there's no reason to believe that the sale of bear hides or other parts threatens the animal's future.

"This increasing Chinese market may have stimulated some increased hunting, but really what it did is stimulate increased exporting," said Ernest Cooper, a consultant who is to present his findings Wednesday at ArcticNet, which brings together Arctic researchers from all fields.

TRADE

Canada is the only country in the world that allows commercial trade in polar bears.

Canada is the only country in the world that allows commercial trade in polar bears.

Cooper, whose work has been sent to all governments that manage polar bears, found the number of hides exported by Canada has been gradually rising to 400 in 2013 from 266 in 2005 — although 2014 saw a sharp drop.

The main market for the hides used to be American sport hunters returning home with their trophies. But after the United States made importing the hides illegal, the trade shifted to China.

The Asian country bought 12 hides in 2005, but accounted for 42 per cent of all hides exported from Canada between 2010 and 2014.

"The market for polar bear hides in China reflects an increasing market for all furs going to China," said Cooper.

Chinese buyers have been paying between $5,000 and $6,000 for an average hide. Top-quality examples have fetched as much as $20,000 at auction.

Still, Cooper said his study offers no evidence that exporting hides leads to more hunting or threatens the population of the bears.

THE CANADIAN PRESS

TRAFFIC

Proposed big boost to jaywalking fine in Nova Scotia heavily criticized

A bill that increases the fine for jaywalking in Nova Scotia to nearly $700 is being roundly criticized by active transportation advocates and pedestrians alike. The bill, which passed third reading last week, boosts the fine from $410 to $697.50 — more than the penalty for using a cell phone behind the wheel and well above jaywalking fines in other cities and provinces. THE CANADIAN PRESS

Employees return to work, mourn 14 dead

MASS SHOOTING

San Bernardino reels as details emerge about radical shooters

Thousands of employees of San Bernardino County began returning to work Monday, five days after a county restaurant inspector and his wife opened fire on a gathering of his co-workers.

The reopening of much of the government's offices signals an effort to return to normalcy for a community that has been in shock and mourning since Wednesday's attack killed 14 people and injured 21.

"To honour them, to express our gratitude for their unimaginable sacrifice, we have to fight to maintain that ordinary," San Bernardino County Supervisor Janice Rutherford said Monday of the victims.

"We can't be afraid of our lives, of our community, of our neighbours, of our co-workers."

The Board of Supervisors said at a news conference that all facilities have increased security, including armed sheriff's patrols, and officials were considering additional permanent safeguards.

Counseling centres and a hotline were open, and managers were urged to look for signs of distress in their employees.

Public Health Director Trudy Raymundo, who attended the holiday luncheon where Tashfeen Malik and Syed Farook opened fire, thanked law enforcement who guided workers to safety and shielded them from harm.

She also expressed gratitude for the outpouring of support worldwide. Investigators were looking into what led Malik, 29, and Farook, 28, to attack Farook's co-workers. The couple later died in a furious shootout with police.

The couple had been radicalized and had taken target practice at area gun ranges, in one case within days of the attack that killed 14 people, the FBI said Monday.

In a chilling twist, authorities disclosed that a year before the rampage, Syed Farook's co-workers at the county health department underwent "active-shooter" training in the very conference room where he and his wife opened fire on them last Wednesday.

"We believe both were radicalized and had been for some time," said David Bowdich, assistant director of the FBI's Los Angeles office.

But he said investigators are still trying to establish precisely when, where and by whom they were influenced.

THE ASSOCIATED PRESS

Gary Mendoza, and his son Michael pay their respects at a makeshift memorial site honoring Wednesday's shooting victims Monday, in San Bernardino, Calif. JAE C. HONG/THE ASSOCIATED PRESS

> **To honour them, to express our gratitude for their unimaginable sacrifice, we have to fight to maintain that ordinary.**
> County Supervisor Janice Rutherford

POLLUTION

Beijing schools close in first smog red alert

Beijing issued its first-ever red alert for smog on Monday, urging schools to close and invoking restrictions on factories and traffic that will keep half of the city's vehicles off the roads.

The red alert — the most serious warning on a four-tier system adopted a little over two years ago — means authorities have forecast more than three consecutive days of severe smog.

An online notice from the Beijing Municipal Environmental Protection Bureau said it issued the alert to "protect public health and reduce levels of heavy air pollution."

Beijing hotel staffer Fan Jinglong said the smog forecast was "really worrisome."

"We have no choice but to step up preventative measures like wearing a mask outdoors at all times," he said.

Readings of PM2.5 particles climbed toward 300 micrograms per cubic meter on Monday and are expected to continue rising before the air begins to improve with the arrival of a cold front on Thursday.

1.4M

A study led by atmospheric chemist Jos Lelieveld of Germany's Max Planck Institute estimated that 1.4 million people each year die prematurely because of pollution in China.

The World Health Organization designates the safe level for the tiny, poisonous particles at 25.

Along with limiting cars to driving every other day depending on the last number of their license plate, a raft of other restrictions will seek to reduce the amount of dust and other particulate matter in the city of 22.5 million people.

Officials said extra subway trains and buses would be added to handle the additional strain on public transport.

Schools were advised to close, but some were choosing to stay open if they felt they had adequate air filtration systems.

It's the second time this month that notoriously polluted Beijing has experienced a prolonged bout of smog, sending PM2.5 levels in the suburbs as high as 976 micrograms.

Beijing was also shrouded in persistent smog for most of November, when power demand soared due to unusually cold weather.

THE ASSOCIATED PRESS

Visitors, some wearing masks to protect themselves from pollutants, take a selfie at the Jingshan Park on a polluted day in Beijing. ANDY WONG/THE ASSOCIATED PRESS.

LONDON STABBING

U.K. Muslims adopt viral slogan

It's become the rallying cry of many who want the Muslim faith to be separated from the violence some commit in its name: "You ain't no Muslim, bruv."

The comment, heard in the background of a bystander's video following a stabbing at a London Underground station that prosecutors say was a terrorist act, has touched a nerve in Britain and become a trending hashtag on Twitter. Even Prime Minister David Cameron embraced it as a slogan.

"Some of us have dedicated speeches and media appearances and sound bites and everything to this subject," Cameron said Monday. "But 'You ain't no Muslim, bruv' said it all much better than I ever could. And thank you, because that will be applauded around the country."

> **'You ain't no Muslim, bruv' said it all much better than I ever could.**
> Prime Minister David Cameron

The remark came Saturday night after a man with a knife attacked two commuters in east London, reportedly shouting "This is for Syria." As the man was wrestled to the ground by police, who first used a stun gun to subdue him, a bystander shouted at the suspect: "You ain't no Muslim, bruv." The speaker, whose identity is not known, used the slang term bruv, for brother.

THE ASSOCIATED PRESS

IN BRIEF

$220 million put into West Bank by U.S. donors

Private American donors have pumped more than $220 million into Jewish West Bank settlements in recent years through tax-deductible donations, according to an investigation published in an Israeli newspaper. THE ASSOCIATED PRESS

France's National Party sweeps regional elections

France's far-right, anti-establishment National Front has ridden a wave of anger over migration and extremist attacks into the political mainstream. THE ASSOCIATED PRESS

RACIAL INEQUALITY

U.S. to launch police probe in Chicago

The Justice Department will investigate patterns of racial disparity in the use of force by Chicago police officers as part of a wide-ranging probe that could lead to calls for sweeping changes at one of the country's largest police departments, the U.S. attorney general announced Monday.

Police killings of African-American men over the past year have shaken several U.S. cities and given rise to the "Black Lives Matter" protest movement.

"This mistrust from members of the community makes it more difficult to gain help within investigations," Attorney General Loretta Lynch said.

"And when suspicion and hostility is allowed to fester, it can erupt into unrest."

Justice Department officials say they use such patterns-and-practices investigations to identify systemic failings in troubled police departments and to improve trust between police and the communities they serve.

THE ASSOCIATED PRESS

CBC hopes for better year

The CBC building in Toronto. With a more CBC-friendly Liberal government now holding the purse strings, things could finally be looking up for the public broadcaster. THE CANADIAN PRESS FILE

MEDIA

Scandals, steep budget cuts in 2015 took toll on broadcaster

It's been a heck of a year for the CBC — a scathing report denounced managers for their handling of the Jian Ghomeshi affair while former anchors Amanda Lang and Evan Solomon faced controversies of their own.

All the while, the CBC continued to grapple with steep budget cuts that slashed news broadcasts, gutted sports and documentary divisions and put for sale signs in front of aging facilities.

But with a more CBC-friendly Liberal government now holding the purse strings, could things finally be looking up for the beleaguered public broadcaster?

Many observers seem to think so.

"The people that are the custodians of this publicly owned institution no longer seem to hate it," said former Fifth Estate host Linden MacIntyre, who retired from the CBC in 2014 amid a round of cuts.

"In the same way that the darkness seeped into the institution during the (former prime minister Stephen) Harper era, the light is now going to seep through. And it does have a warming and enlightening effect."

Newly minted Prime Minister Justin Trudeau has promised to restore $150 million in annual funding that was cut from CBC/Radio-Canada during the Harper years

Years of budget and staff cuts have taken a toll on employees, said MacIntyre, who pointed to "an ever-increasing morale problem."

A series of embarrassing scandals haven't helped, with Lang's final year tainted by allegations of impropriety concerning her ties to a Royal Bank of Canada board member.

Ian Morrison, a spokesman for the pro-CBC group Friends of Canadian Broadcasting, however questioned whether the extra $150 million in annual funding would be enough to turn things around. And MacIntyre said he'd want to know what CBC would do with the funds, noting that the board of directors is still "stacked" with Harper appointees.

THE CANADIAN PRESS

Jian Ghomeshi, fired in 2014, will face trial starting Feb. 1 next year. THE CANADIAN PRESS

IN BRIEF

Canada wins meat dispute
Canada's beef and pork sectors are welcoming a World Trade Organization ruling that allows Canada and Mexico to impose $1 billion in annual tariffs on U.S. products.
THE CANADIAN PRESS

Provinces sign pact
Manitoba has signed an agreement with Ontario and Quebec to link their cap-and-trade systems at the climate change conference in Paris.
THE CANADIAN PRESS

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DOLLAR 74¢ (–0.76¢)
TSX 13,042.83 (–315.94)
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GOLD $1,075.20 US (–$8.90)

NATURAL GAS: $2.067 US (–8.9¢)
DOW JONES: 17,730.51 (–117.12)

INTERNET TRAFFIC

Streaming video hogs 70 per cent of downloads: Report

Streaming has taken over the Internet and now accounts for more than 70 per cent of North American downloads at peak times, up from less than 35 per cent in 2010, according a report from broadband services company Sandvine.

Netflix makes up a huge part of Internet downloads, the company said, with the streaming service accounting for 37.1 per cent of all downstream traffic in North America during September and October.

YouTube accounted for the second-largest share of download traffic, at 17.9 per cent, followed by regular Internet browsing at 6.1 per cent.

As streaming sites have risen in popularity, the BitTorrent file-sharing service — which some blame for the proliferation of pirated content online — has declined in its share of overall Internet traffic.

BitTorrent still accounts for more than a quarter of upload traffic, which is substantially lower than download traffic, in part because of the its peer-to-peer design that sees users share parts of files with each other.

Yet the file-sharing service now accounts for less than five per cent of total Internet traffic, down from 31 per cent in 2008.

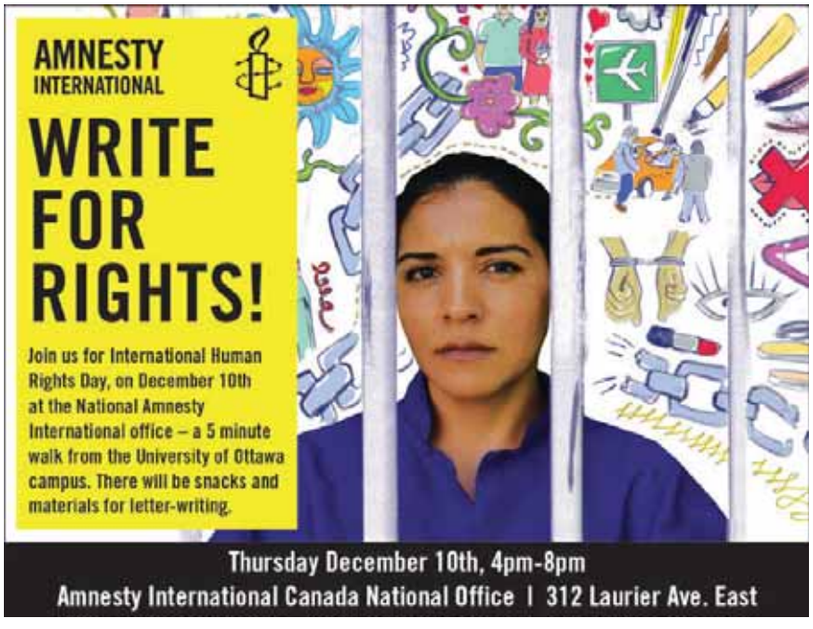
Despite data caps and small screens, audio and video streaming is also the biggest slice of mobile Internet traffic, accounting for 36.98 per cent of overall traffic at peak times.

YouTube was the biggest contributor to mobile downloads, followed by Facebook and web browsing.

Sandvine provides traffic management services to more than 250 Internet providers around the world, and regularly compiles the traffic data from its customers into reports.

THE CANADIAN PRESS

37.1%
The percentage of downstream traffic accounted for by Netflix users in North America during September and October.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EMMA TEITEL: ON SEASONAL SOFT-PEDALLING

Enough with the happy Holidays, already. We all know what that phrase means. So own it.

Merry Christmas or Happy Holidays? Which season's greeting — the Christian or the non-denominational — should you use in polite conversation with strangers at the mall or acquaintances at the office?

Conventional liberal wisdom tells us that Happy Holidays is the correct greeting, as not everyone celebrates Christmas, and assuming they do is presumptuous and anti-pluralist. Conventional conservative wisdom, meanwhile, dictates the opposite: there is no harm in wishing a stranger Merry Christmas, because most people in North America are Christians anyway, so your chances of offending somebody are fairly slim (And besides, people are just too sensitive these days.)

Some traditionalists, like U.S. presidential candidate Donald Trump, take the conservative, unapologetic Christmas stance to the extreme. When Trump discovered last month that Starbucks released a new line of plain red, holiday coffee cups devoid of the usual Christmas imagery (wreaths, reindeer etc.) the tawny Republican businessman contemplated launching a boycott of the coffee chain.

As a Jew who has never celebrated Christmas, I should probably appreciate Starbucks' new line of inclusive cups and the concerted effort by shopkeepers and bank tellers to say Happy Holidays instead of Merry Christmas. But every year I find myself growing increasingly uncomfortable with Happy Holidays and warming up to Merry Christmas as a catch-all greeting in public. Unlike Trump, however, my discomfort with Happy Holidays doesn't stem from the notion that the phrase is too inclusive, but rather that it isn't inclusive at all.

There is nothing non-denominational or neutral about "Happy Holidays" when the greeting is consistently offered in a sea of red and green.

Tongue-tied at Yuletide. Ever feel like you're awash in Santas but don't want to offend anybody by saying Merry Christmas? Maybe just go with it.
BALAZS MOHAI/MTI VIA ASSOCIATED PRESS

The truth is that there is nothing non-denominational or neutral about "Happy Holidays" when the greeting is consistently offered in a sea of red and green. When you buy a Starbucks latte in a bright red holiday cup, or are handed a candy cane by your bank teller who wishes you "Happy Holidays," you know very well the sentiment is not Happy Hanukkah or Happy Diwali, but Merry Christmas! When you go to Pier 1 and every scented candle smells like "mulled wine," "pine needles," and "peppermint crème," you know you aren't smelling Hanukkah or Kwanza: you're smelling Christmas! "Happy Holidays" and the culture that permeates the phrase, from neutral coffee cups, to inflatable reindeer in the shopping mall (as opposed to nativity scenes) are not symbols of inclusivity, they are slightly watered down odes to Christmas; a way in which well-meaning liberal Christians and corporations can have their Christmas cake and eat it, too. If it looks like Christmas, smells like Christmas and sounds like Christmas — it's Christmas! So you might as well just come out and say it: Merry Christmas.

This doesn't mean Jews, Muslims, Hindus and other groups who don't celebrate the birth of Christ suffer a great injustice every time they go to the mall or the bank, or Pier 1 during the holidays. (As far as scented candles go, the only thing I can imagine grosser than a mulled wine candle is a candle that smells like Manischewitz). What we do experience, rather, is the illusion of inclusivity. Take greeting cards as a prime example. Almost every time I enter a mainstream greeting card store and ask where the Hanukkah cards are I am told the following — "We don't have any Hanukkah-specific cards, but we do have several neutral, 'Happy Holidays' cards." I am then pointed toward a stack of greeting cards that are awash in Christmas colours and decked out with snowmen, wreaths, stockings, gingerbread men — and all manner of sparkly things that are decidedly un-Kosher. "Happy Holidays" is not religion neutral; it is Christmas lite.

It is unrealistic and frankly unreasonable to expect stores to carry a wide variety of Hanukkah cards for what is a very small religious minority, just as it is unrealistic to expect businesses and community centres to adorn their walls with stars of David. But it isn't the lack of non-Christmas-themed items and decorations I take umbrage with. It's the phoney nod to religious pluralism; the belief that substituting a Christian phrase with a neutral one will neutralize the culture around it. It pains me greatly to write this, but perhaps where season greetings are concerned Donald Trump is correct.

Better a heartfelt "Merry Christmas" than a disingenuous "Happy Holidays."

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

ROSEMARY WESTWOOD

metroview

ISIL sees itself as more than a 'death cult.' We should, too.

The municipal budget includes line items for income from stolen sheep, cows and houses. That's on top of taxes levied, according to a former resident, just about any time the authorities felt like it.

And you thought you hated the taxman.

The budget would be funny if it didn't come from ISIL. The document is one of many obtained by Aymenn al-Tamimi, a research fellow at the Middle East Forum.

It's fascinating not just for its odd list of revenues and expenditures (about half of the former from selling stolen antiquities, about half of the latter funnelled to militants) but because it was smuggled out of ISIL territory in Syria. And in the hands of the Planet Money radio program, the document becomes the backbone for a behind-the-scenes look at the idiosyncratic bureaucracy of a terrorist state.

For example, there's a minister of antiquities whose job it is to regulate the looting of ancient artifacts. Looters even need special certificates.

This is just one of the little windows we're getting into the domestic side of ISIL. The Guardian published a story yesterday revealing a leaked memo that spells out the group's vision of statehood, including the creation of government departments, a propaganda operation and a foreign-relations strategy.

In a widely circulated New York Times article, people who've fled ISIL-controlled towns describe disarray and an authority not all that great at actually running a state. These stories are crucial to fighting terrorism. And in politics, they're being ignored.

Debates on how to defeat ISIL focus heavily on military action — from President Obama preaching resolve on national TV Sunday night to the Conservatives demanding airstrikes during the first question period Monday — and that leaves the public with a skewed view.

War only offers a destructive solution. It doesn't explain how to give stability and order to the lives of those currently paying taxes to ISIL. It doesn't refute the twisted ideology of a group purporting to be as dedicated to sustaining as it is to killing.

"Death cult" has become a fashionable phrase for ISIL that, while technically accurate, isn't exactly descriptive of a group collecting taxes, handing out salaries and drafting a municipal budget.

If we refuse to see the most complete picture we can draw of ISIL how can we beat it?

As if fulfilling the prophecy of the war rhetoric, a majority of Americans now approve sending in ground troops.

The public, in the end, deserves more nuance from politicians and the media. And so far, the media is the only one doing its job.

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Your essential daily news

Kendrick Lamar leads Grammys with 11 nominations; Taylor Swift, The Weeknd earn 7 nods

It's OK! Eat, drink and be merry

CHRISTMAS DINNER

How to join the turkey and stockings and get pleasantly stuffed

When it comes to stuffing your face, there's a time and place.

That time? The holidays. That place? Probably your family dining room table.

"I couldn't care less about calories," says Shauna Lindzon, a Toronto-based registered dietitian. "When you're with your family, you're there to enjoy your family and have fun."

Instead of beating yourself up over an expanding waistline, Lindzon advocates for mindful holiday eating and shrewd plate building strategies.

"My tip is to fill up half the plate with at least two different-coloured vegetables," she says. "That provides our fibre. So that will help keep us full."

The remainder of the plate should be one-quarter protein — be it turkey, ham, salmon or a vegetarian chili — and the other quarter whole grains, such as quinoa, she says.

If you really want to pack in the nutrients, choose cranberry sauce over gravy and eat mashed potatoes with the skins on, if possible.

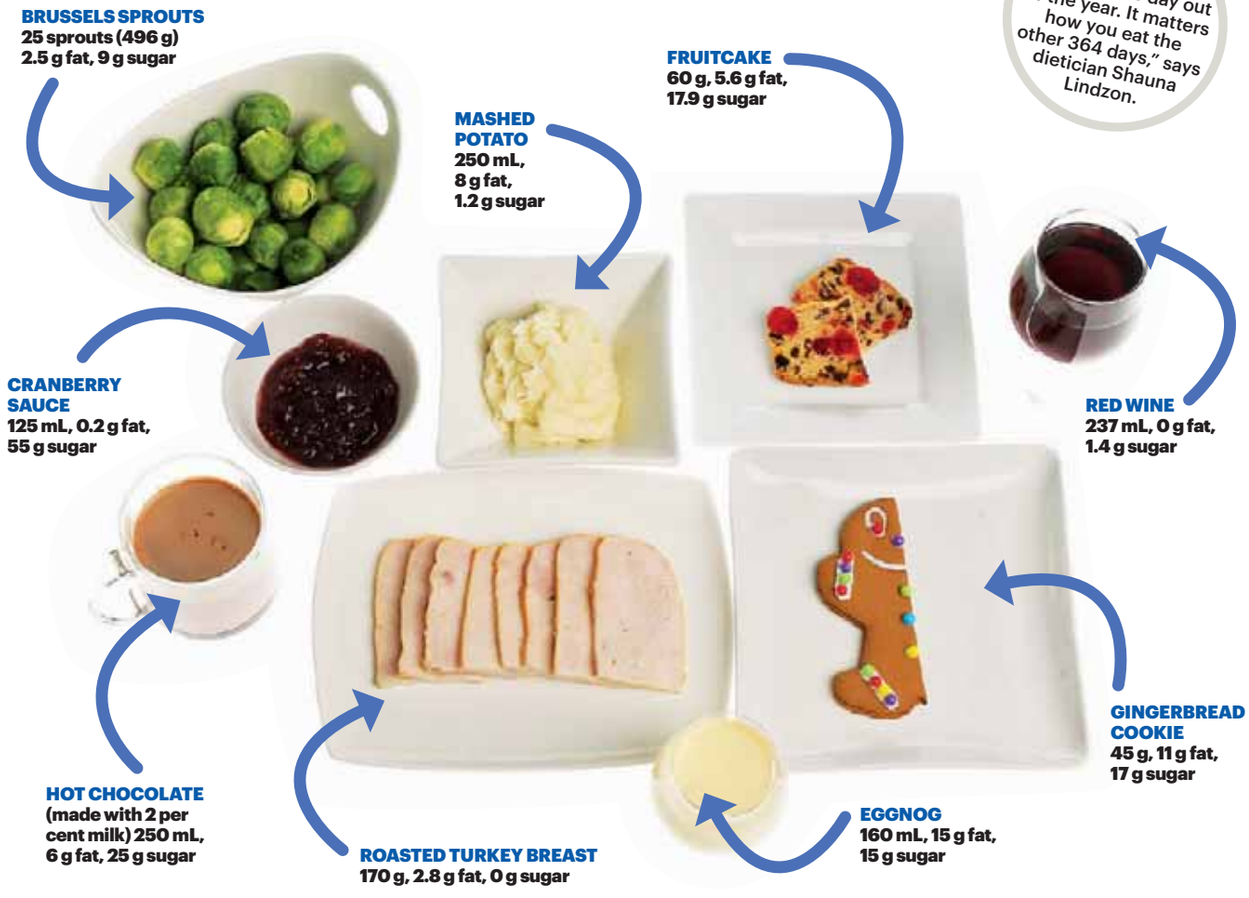
As for alcohol, Lindzon prefers people eat their calories, not drink them.

If you're going to imbibe, drink water or sparkling water between drinks — this will help keep you hydrated, hopefully softening the blow of the hangover the next day, she says. If you really want to play it safe, she recommends steering clear of alcoholic drinks mixed with pop, and choose white wine spritzers instead. Try not to have more than one drink an hour to give your liver a chance to process the alcohol. Another tip: ranking your desserts.

"If you're not so into it — if you would rate it a two or a three out of 10 — forego it," says Lindzon. If you love chocolate cake and you would rate that as your 10/10 most delicious treat, eat the whole thing." TORSTAR NEWS SERVICE

FESTIVE FOODS WHAT A 200-CALORIE SERVING LOOKS LIKE

ULTIMATELY, JUST CHILL OUT
"It's only one day out of the year. It matters how you eat the other 364 days," says dietician Shauna Lindzon.



NUTRITIONAL INFORMATION VARIES DEPENDING ON PREPARATION

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Are you a grown-up?

LISTS

33 ways to tell if you're an adult — in case you're not sure

Sofi Papamarko
Torstar News Service

Remember the 1980s comedy Big where Tom Hanks (a 12-year-old boy in a thirty-something man's body) does such ridiculous things as play with toys, ride roller-coasters and wear jeans to work?

Since those heady days of shoulder pads and charting Huey Lewis singles, the lines between adolescence and adulthood have become increasingly blurred. So put aside your colouring book and read on for some ways to tell if you're a real, live grown-up.

1. You realize with dismay that it's too late for you to become a professional figure skater, competitive gymnast or international rock star — even if you start practicing today.

2. You start pickling things that are not your liver.

3. You have matching dishes, cutlery, towels and/or socks.

4. You purchase a slow cooker and are really excited about it.

5. You purchase a cordless vacuum and are really excited about it.

6. You purchase a mortar and pestle and are really excited about it.

7. You use the aforementioned mortar and pestle to grind herbs you grew yourself in your window garden and later dried on your reclaimed wood harvest table.

8. You've stopped listening to any and all music that came out after 2009 (except for the oeuvre of Taylor Swift, which you own none of but have somehow managed to memorize by sheer osmosis).

9. Sheryl Crow really speaks to you.

10. You have an RRSP, a TFSA, a CA and an IUD.

11. Revelation: the sooner you go to bed, the sooner you can eat breakfast!

12. You've stopped caring what other people think. Mostly.

13. You won't even look at apartments that don't have air conditioning and a dishwasher.

14. Reitmans is actually carrying some pretty cute stuff this season, you guys!

15. You find yourself telling white lies to small children for your own amusement.

16. You look forward to cleaning. Not for the act itself so much as for the satisfying results.

17. You have strong opinions on olive oil.

18. You casually drop Saturday Night Live references from the 1990s and your twenty-something colleagues have no idea what you're talking about. No one invites you to lunch.

19. A hangover now lasts two to four months.

20. You still eat macaroni and cheese sometimes, but you toss in basil and sun-dried tomatoes or add panko and Sriracha to really just class it up.

21. The only thing better than napping is ... no. No, I've got nothing.

22. It blows your mind that you do whatever you want to do within the limits of the law, but what you mostly do is watch Netflix and fall asleep on your couch at 10 p.m.

23. Back-to-school commercials fill you with nostalgia.

24. Salt and pepper? No thank you! Freshly ground peppercorns and Himalayan pink salt? Yes we can!

25. You remember when overalls were cool, and then not-cool, and then cool again.

26. Your body feels like a giant bruise for two full days after you go to the gym. Once you start to recover, it's time to go back to the gym.

27. You're older now than your parents were when they had you.

28. You purchase concert tickets based solely on two factors: Is there cushy seating? How far is the venue from my couch? (Conclusions: it is not worth going to any concerts not held at Massey Hall or in your living room.)

29. The show Friends seems unfunny and dated. When did that happen? (Answer: 2008)

30. You're unreasonably excited about your artisanal ice cube tray.

31. You buy all sorts of fancy cookbooks by celebrity chefs but only ever make the easiest sounding ones that don't require a double boiler or Dutch oven or too many pots and pans that you have to wash later.

32. Brussels sprouts are actually kind of delicious, if you know how to cook them/add bacon.

33. It's OK to use the nice soap.

Eric Wareheim plays a very large manchild in Netflix's Master of None. HANDOUT

COSMETIC ENHANCEMENTS

Butt lifts, smaller breasts, pouty lips trend in 2015

COSMETIC ENHANCEMENTS

Surgeons keep up with the Kardashians, Ariel Winter

Eva Kis
Metro | New York

In the plastic surgery business, it was undoubtedly the year of the butt lift, popularized most famously by Kim Kardashian (though she insists she was born that way). And shapely butts weren't the only trend the Kardashian clan set this year.

Kylie Jenner's pout dethroned Angelina Jolie's long-coveted lips, according to an end-of-year survey by RealSelf, the largest online community for cosmetic procedures. The site fielded 10 times as many requests about Jenner's pout, with 43 per cent of facial plastic surgeons and 30 per cent of dermatologists saying more women are making lip-related requests.

According to the survey, 39 per cent of plastic surgeons said women opting for breast enhancement asked for smaller implants this year compared with 2014. This time, patients are going for a slimmer silhouette similar to Rihanna and Kate Hudson.

When it comes to breast reduction, doctors are seeing more requests from teenagers after 17-year-old Modern Family star Ariel Winter revealed she'd undergone the procedure back in June.

The actress told Glamour that just standing for long periods of time was painful; the procedure took her from a 32F to a 34D. "Even at 14, people would ask me, 'Do you have fake boobs?' But we live in a society that that's what they think about," she told the magazine.

For men, the trend is toward classically masculine features, with a particular focus on enhancing the jawline — 26 per cent of doctors said their patients reference Brad Pitt as their ideal.

Ariel Winter had her breasts reduced from a 32F to a 34D. GETTY IMAGES

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There's no illusion when it comes to tempting fate

THE TRICK WITH THE GUN

Doc gives close-up look at a deadly sleight of hand

Richard Crouse
For Metro Canada

Filmmaker Chris Gudgeon, left, and Scott Hammell at their first shooting lesson. CONTRIBUTED

Scott Hammell did the unthinkable. He asked someone to load a gun, point it at him and pull the trigger. He doesn't have a death wish, he's a magician and the subject of a new documentary, The Trick with the Gun, that details the planning and performing of the most dangerous illusion ever devised, the Bullet Catch.

Fourteen magicians have died attempting it and the most famous conjurer of all time, Houdini, never even tried it. Hammell says the trick is risky but, "there are safe ways of doing things that are seemingly extremely dangerous."

He adds, "obviously things can go wrong and that can have a catastrophic chain reaction."

There is always room for error and sometimes magicians get hurt or even killed on stage.

Hammell gave Metro an exclusive list of the five most dangerous — and potentially fatal — tricks ever performed on stage.

Spike

"It starts with a spike sticking through a piece of wood covered with a paper cup or a paper bag. The audience mixes them up and one-by-one the magician slams his or her hands down on the other identical looking cups or bags. The idea is to leave the last bag and you remove it to show the spike still there.

"I cringe whenever I see that. Magicians work with their hands and you screw that up and there goes your career."

Russian Roulette

"A mentalist from Britain called Maurice Fogel used six guns all with live bullets. He would take one of the guns and fire it at a balloon or dinner plate to prove it was loaded.

"He'd then mix up the guns and choose the gun he wanted pointed at him. On the count of three the marksmen would pull the triggers and hopefully the one pointed at him is empty. He screwed that one up three times.

"Got shot just above the eye one time and in the chest another time."

Houdini's Water Torture Cell

"The underwater stuff can be really dangerous because it's hard to communicate with your assistants if something goes wrong.

"If something does go wrong chances are you're finding out about it at the last minute, which does not give them much time to get you out and resuscitate you."

Buried Alive

"This trick dates back thousands of years and has definitely cost a few magicians their lives. Joseph Burrus attempted to perform it on Halloween, the anniversary of Houdini's death. I guess he didn't account for the weight of the cement he was being buried in.

"They couldn't get him out in time and unfortunately he suffocated. "Sometimes you get so wrapped up in a trick you forget the little details which turn out to be the big details."

The Bullet Catch

"This is the one that has certainly cost the most magicians their lives.

"Penn and Teller call it the most dangerous trick in show business, beyond just magic. I would tend to agree.

"I'm not too familiar with the stunt world but I don't think there are too many stunts in movies or television that have cost so many people their lives and yet people continue to do it."

Watch Hammell perform the world's most dangerous trick in The Trick with the Gun on Vimeo-On-Demand or on Super Channel starting Tuesday, December 8.

JOHANNA SCHNELLER WHAT I'M WATCHING

The long, lonely hours of a magician

THE TRICK WITH THE GUN (multiple showings, Superchannels 1, 2, 3 and 4)

Early in this documentary about Canadian magician Scott Hammell's attempt to perform a classic trick, The Bullet Catch, the narrator (the film's director, Michael McNamara) lists the records that Hammell holds in the Guinness World Book, accompanied by video of said events: Highest Suspension Straightjacket Escape (dangling from a helicopter). Longest Inverted Juggling. World's Fastest-Moving Card Trick (performed while skydiving). Highest Blindfolded Straightjacket Escape. All of which Hammell accomplished by age 30.

Now he's turning to the notorious Bullet Catch — first performed in the 1600s, it involves either fake or real bullets being shot at a magician, who catches them in his teeth or hand — to lift him to the next level. (Hammell will use a real bullet.)

The theme of death runs through magic — all that submerging and disappearing and being sawn in half.

"A magician escapes death every night," someone says. As do all who wake up, you realize.

But despite the many interesting musings on mortality and what an artist is willing to do for her art, I kept returning to the practice element.

Not the death-defying stunt itself, but the hours and hours of repetitive, lonely work it takes to get there.

As a fellow magician puts it, "practice 'til you reach a competency that is mind-blowing."

Contemplating what a "longest inverted juggling" record really means — all those hours, upside down, to earn a stat that means something to a mere handful of people, that can be shattered tomorrow — yeah, my mind was blown.

Scott Hammell trains for a skydiving escape. HANDOUT

Denver Broncos QB Peyton Manning will suit up and throw outdoors this week as he begins his comeback from a torn plantar fascia

Going from first to worst

CFL

Jones takes head coach/GM position with Roughriders

Chris Jones comes from the southern United States, where football is akin to religion. He sees the same dedication to the sport in his new CFL home.

Jones was introduced Monday as the new head coach, general manager and vice-president of football operations of the Saskatchewan Roughriders, ending weeks of speculation about the Grey Cup-winning coach's future.

Jones, who led the Edmonton Eskimos to a CFL championship this season, says he's looking forward to working in Saskatchewan, which boasts a fervent fan base.

"I'm from a little, small place down in Tennessee, town called South Pittsburg ... and to have this opportunity, I woke up this morning with a smile on my face," Jones said at a news conference at Mosaic Stadium in Regina.

"Football matters a whole lot down south, and it matters a whole lot here, and that hinged a lot on my decision."

Jones will have his work cut out for him, inheriting a Roughriders team that struggled mightily last season en route to a league-worst 3-15 record.

Saskatchewan spent half of last season with interim tags on both its head coach and GM after the organization fired coach Corey Chamblin and GM Brendan Taman in September.

Jones wouldn't speculate on his vision for the Riders' future.

"I'm not going to sit here and make any bold predictions or anything like that," he said. "I can tell you that we're going to put a really high-quality, high-character staff together that enjoys being around each other. We're going to bring in good people first, that happen to be good football players and we're just going to go to work."

> **"This is an opportunity for him to grow professionally and I wish him well in his future endeavours.**
> Eskimos GM Ed Hervey

He says there are good players on the roster and it's a matter of adding to an already good product. However, he adds the salary cap "will dictate who can stay and who has to go."

Riders president and CEO Craig Reynolds said Jones is a winner.

"He's a great leader and he's had a track record of success wherever he's been," said Reynolds.

Jones has had success at each of his CFL stops since entering the league in 2002 as a defensive line coach with the Montreal Alouettes. After the Alouettes won the Grey Cup in 2002, he was defensive co-ordinator Calgary's championship-winning team in 2008, and defensive co-ordinator, assistant head coach and assistant GM of Toronto's Grey Cup team in 2012.

He has already demonstrated his ability to turn around a troubled team. The Eskimos had just posted a 4-14 record when Jones took over after the 2013 season. Two years later, they defeated the Ottawa Redblacks 26-20 to win their first Grey Cup title in a decade.

Jones says he debated staying in Edmonton, but the decision ultimately came down to the chance to do his own thing in Saskatchewan. "When an opportunity like this presents itself, you have to jump at it," he said. THE CANADIAN PRESS

A little more than a week after winning the Grey Cup with the Eskimos, Chris Jones is on the move to Riderville. ABOVE: MICHAEL BELL/THE CANADIAN PRESS; LEFT: JASON FRANSON/THE CANADIAN PRESS

TRADE TALK

Miley headed to Seattle in Red Sox-Mariners trade

The Seattle Mariners obtained left-hander Wade Miley and reliever Jonathan Aro from the Boston Red Sox on Monday for reliever Carson Smith and pitcher Roenis Elias in the first trade announced at the winter meetings.

Acquired from Arizona during the week of last year's winter meetings, the 29-year-old Miley was 11-11 with a 4.46 ERA in his only season with the Red Sox. THE ASSOCIATED PRESS

MLB

Dodgers arm pitching staff with Cuban Missile

Aroldis Chapman has been named an all-star each of the last four seasons. GETTY IMAGES FILE

The Cincinnati Reds agreed to trade hard-throwing closer Aroldis Chapman to the Los Angeles Dodgers, pending approval of medical records, according to a person familiar with the deal.

The person spoke on condition of anonymity Monday because the agreement, first reported by Fox, had not been announced.

Chapman, a 27-year-old left-hander, is eligible for free agency after next year's World Series. He threw the 62 fastest pitches in the big leagues this year, ranging from 103.92 m.p.h. to 102.36 m.p.h., according to Major League Baseball's Statcast computer system.

116

The number of strikeouts Chapman posted this past season in just 66-1/3 innings.

Chapman was an all-star in each of the last four seasons. He joins a bullpen that already has closer Kenley Jansen, who like Chapman is eligible for salary arbitration this winter and can become a free agent next November. Jansen, 28, has 80 saves during the last two seasons.

After defecting from Cuba in 2009, Chapman spent the last six seasons with the Reds and saved 146 games in 164 chances. He had a 1.63 ERA this year, when he struck out 116 in 66-1/3 innings.

Seeking their first World Series title since 1988, the retooling Dodgers replaced manager Don Mattingly with Dave Roberts. THE ASSOCIATED PRESS

Probe puts Blatter back in firing line

FIFA INVESTIGATION

President's role in ISL bribery scandal interests U.S. authorities

Sepp Blatter is at risk again from the World Cup bribery scandal that tainted much of his FIFA presidency.

Switzerland's justice ministry confirmed on Monday that American authorities formally asked for files in the kickbacks case centred around Swiss firm International Sports and Leisure (ISL) to aid their sprawling investigation of alleged racketeering by international soccer leaders. The ISL marketing agency was found to have routinely bribed top sports officials, including Blatter's predecessor Joao Havelange, before collapsing into criminal bankruptcy in 2001.

British broadcaster the BBC aired a program Monday alleging it had seen a letter obtained by the FBI that was written by Havelange and said Blatter had "full knowledge" of kickback payments in the 1990s. Blatter was Havelange's general secretary for 17 years until becoming president in 1998. Blatter would not comment on the BBC's claim, spokesman Klaus Stoehlker said.

FIFA said it is co-operating to provide "all relevant information" to ongoing American and Swiss investigations, and would not comment on specific allegations. The ISL case sent FIFA into financial crisis, then dogged the governing body and Blatter through a criminal trial of six agency executives in 2008. A legal fight followed as FIFA tried to keep sealed the identity of officials named in a settlement deal to repay bribes.

Two years ago, FIFA finally declared the case closed after its ethics committee reviewed the case. The ethics judgment confirmed three longtime executive committee members as bribe-takers: Havelange, who was FIFA president from 1974-1998, resigned as honorary president; his former son-in-law Ricardo Teixeira of Brazil, who had resigned a year earlier; and Nicolas Leoz of Paraguay, who resigned as president of the South American confederation CONMEBOL.

Criticizing Havelange and Teixeira for "morally and ethically reproachable" conduct, the ethics ruling of April 2013 also noted that commercial bribery was not illegal in Switzerland in the 1990s. And Blatter's behaviour over the years did not amount to "any criminal or ethical misconduct," ethics judge Joachim Eckert wrote.

Now, a scandal that is part of FIFA lore has been revived while Blatter is already suspended from office. He faces a possible life ban from Eckert this month in a separate case of alleged financial wrongdoing with FIFA vice-president Michel Platini that is part of a Swiss criminal proceeding. The U.S. Department of Justice has received the Swiss prosecution files in the ISL criminal case, the Swiss justice ministry confirmed on Monday. The request was formally made in March, the ministry said.

The U.S. Department of Justice had revealed on May 27 the scale of its case in a stunning indictment published after seven soccer officials, including two FIFA vice-presidents, were arrested in early-morning raids in Zurich.

Leoz was among 14 soccer and marketing officials indicted that day, and Teixeira was among 16 more indicted last Thursday after another raid netted two more FIFA vice-presidents.

While Blatter's conduct in the ISL case broke no Swiss laws, it is unclear if U.S. prosecutors could seek to show he has passively helped corruption flourish over decades.

THE ASSOCIATED PRESS

FIFA president Sepp Blatter looks on with fake dollar notes flying around him thrown by a protester during a press conference in July, 2015. The suspended head could now be in even more trouble if linked to the ISL bribery scandal. FABRICE COFFRINI/AFP/GETTY IMAGES

> **It must be questioned, however, whether President Blatter knew or should have known over the years before the bankruptcy of ISL that it had made payments (bribes) to other FIFA officials.**
> Ethics judge Joachim Eckert

NFL

Patriots' urgency up after 2 straight losses

The New England Patriots will practice with a sense of urgency this week, but that's not because the team has lost back-to-back games.

It's simply the way they're programmed. "We've always been on alert and we're going to continue to work hard," Patriots running back James White said Monday. "That's all we can do is take it one week at a time."

New England (10-2) was dealt its second straight loss Sunday in a surprising 35-28 setback to the Philadelphia Eagles. A week ago, the Broncos handed the Patriots their first loss of the year in a 30-24 overtime thriller in snowy Denver. It marks the first time since the 2012 season that New England has lost consecutive games.

"It's very rare that we go out there and perform like that, but that's the nature of the NFL," wide receiver and special teams player Matthew Slater said.

> **It's very rare that we go out there and perform like that, but that's the nature of the NFL**
> Patriots' WR Matthew Slater

Slater was especially complimentary of the next opposing coach the Patriots will face, Bill O'Brien of the Houston Texans. O'Brien spent five seasons as an assistant in New England.

"Obviously, Coach O'Brien knows this team very well, there's a lot of familiarity there," Slater said. New England hasn't lost three straight since 2002, when it stumbled through a four-game skid.

THE ASSOCIATED PRESS

Browns' tension due to slump — Pettine

The pain of losing and the prospect of more change has the Browns on edge — and divided.

One day after Cleveland's worst loss in 10 years, coach Mike Pettine said a seven-game losing streak during a season spiraling downward quickly has frayed nerves in and around the team's facility.

With upheaval on the horizon, players, coaches and executives are uneasy.

"When you have the record that we have, if there's not tension in the building, there's a problem," Pettine said. "That's what losing does to you."

The Browns (2-10) were throttled 37-3 on Sunday by the Cincinnati Bengals. The game ended with FirstEnergy Stadium nearly empty as disgruntled Cleveland fans streamed toward exits long before time expired.

The blowout raised more questions about the franchise's direction, and Pettine, who is just 2-15 in his last 17 games, said there's not complete agreement on what should be done to fix things. "If you're going to be successful, your building has to be unified," he said. THE ASSOCIATED PRESS

Mike Pettine GETTY IMAGES

IN BRIEF

Habs place Semin on waivers due to poor form

The Montreal Canadiens have placed winger Alexander Semin on waivers. Semin, 31, had just a goal and three assists in 15 games this season.

The Canadiens signed the winger to a US$1.1-million, one-year contract this past summer after the Carolina Hurricanes bought him out. Semin is in his 11th NHL season.

THE CANADIAN PRESS

Anaheim goaltender John Gibson posted a .968 save percentage. CHRISTOPHER PASATIERI/GETTY IMAGES

NHL

First star for Ducks' Gibson

Goaltender John Gibson of the Anaheim Ducks was named the NHL's first star of the week on Monday, while Nashville defenceman Shea Weber and New Jersey left-winger Mike Cammalleri were also honoured.

Gibson posted a 3-1-0 record with a 0.76 goals-against average, .968 save percentage and two shutouts between Nov. 30 and Sunday. His performance helped lift the Ducks (11-12-5) into fourth place in the Pacific Division. He began the week by stopping all 25 shots he faced in a 4-0 victory over the Vancouver Canucks Nov. 30.

Gibson followed that performance with 20 saves in a 2-1 loss to the Tampa Bay Lightning on Wednesday before recording his second shutout of the week in a 1-0 triumph over the San Jose Sharks on Friday. Weber tied for second among all players with three goals and three assists, including his first career hat trick, to power the Predators to a 1-1-1 record in three contests.

.76
John Gibson's goals-against average

Cammalleri led the NHL with fours goals and seven assists in four outings, including three straight multi-point performances, to help the Devils (14-10-3) move into the final wild card spot in the Eastern Conference.

THE CANADIAN PRESS

RECIPE Chickpea and Cauliflower Curry

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Before you even have a chance to tuck into this quick and easy curry, you're going to be won over by its glorious aroma.

Ready in
Prep time: 40 minutes
Serves 6

Ingredients
- 2 Tbsp coconut oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 1/2 inch ginger, minced
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp ground turmeric
- 1 x 28-ounce can of diced tomatoes
- 1 x 15-ounce can of chickpeas, drained and rinsed
- 1 x 15-ounce can of coconut milk
- 1 medium head of cauliflower, cut into florets
- 2 tsp garam masala
- Salt and pepper to taste
- Handful of fresh chopped cilantro, plus more for garnish

Directions

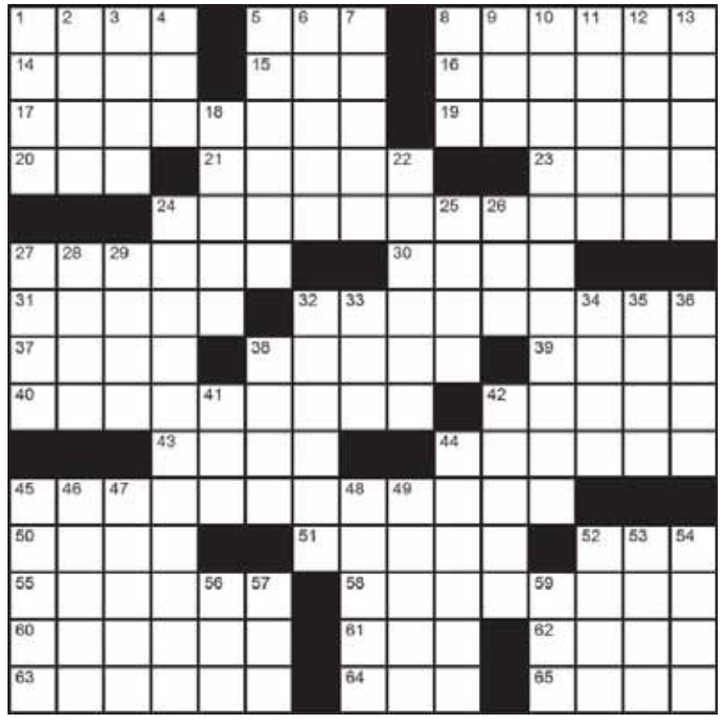
1. In a large Dutch oven, heat the coconut oil over medium heat. Add onion, garlic and ginger and sauté for about 8 to 10 minutes. Stir in the coriander, cumin, cinnamon and turmeric and cook for about 1 minute.

2. Add the tomatoes, chickpeas, coconut milk and cauliflower. Bring mixture to a boil, then reduce the heat to low. Cover and simmer for about 15 minutes. Stir in the garam masala and cook uncovered for 5 to 10 minutes, until it thickens slightly. Season with salt and pepper and stir in fresh cilantro. Serve over brown rice and garnish with a bit more cilantro.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Calgary __. Airport
5. Possesses
8. Maureen __ (Residences: Homes of Canada's Leaders author)
14. Lawn mower brand
15. Toronto, __.
16. Body of work
17. Canada Dry product: 2 wds.
19. Settle
20. Till
21. Marketing ploy, e.g.
23. Evil group on 1960s spy sitcom "Get Smart"
24. Beatles tune Alanis Morissette sang for a John Lennon tribute special in 2001: 2 wds.
27. Secure
30. Lab gel
31. Wins
32. Individual item
37. "It's either her __ __." (Ultimatum to the unfaithful)
38. Plods wearily along
39. Olivia of "The Wonder Years"
40. Diet advertisement's tape measure locale
42. Sorrow [var. sp.]
43. Multi-revolution figure skating jump, e.g.
44. Mr. Bigalow's
45. Specialist in makeup and skincare: 2 wds.
50. Earthenware pot
51. Gateway to swipe a subway pass
52. She's opposite
55. Ms. Hepburn
58. Nunavik village in northern Quebec meaning 'The Giant'
60. Stow cargo in a ship's hold
61. Affirmative gesture
62. Taj Mahal's site
63. More nervous
64. Edmonton cheer starter, "Gimme __ '_'!"
65. React as warm ice

DOWN
1. "The Seven Year __" (1955)
2. Court plea, __ contendere
3. 1983 Spandau Ballet hit
4. High-arc tennis shot
5. "Whoopee!"
6. Both/either conjunction combo
7. Mailing mark
8. "The __ Squad"
9. Bee's follower
10. Exhausted: 2 wds.
11. Mineral water brand
12. George Clooney's medical TV job: acr. + abbr.
13. Actress/singer, Della __
18. Eyewear, colloquially
22. Freezie flavour
24. Topped-with-oats desserts: 2 wds.
25. Aussie footwear faves
26. NBA's Mavericks, on scoreboards
27. Madonna's "Take _ __"
28. Prefix meaning 'Trillion'
29. James Brown and The Rolling Stones are performers in this 1964 concert film, "_ _ _ Show"
32. Microscope specimen holders
33. Particle
34. Toiletry item
35. Classic instrument
36. Neithers partners
38. Do in, Medieval-style
41. "Tsk!"
42. Eric Clapton band, __ and the Dominos
44. Dupe
45. Brag
46. Rinse, as with a solvent
47. Middle name of astronaut Neil Armstrong
48. Ms. Aguilera, to fans
49. Fasten the nametag: 2 wds.
52. Massive
53. Dixie Chicks hit: "Goodbye __"
54. Card game
56. Character in Haydn's oratorio The Creation
57. Your, fun-style
59. Toast spread

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may do something today that others will not approve of but you won't change course because of it. If anything you will enjoy being singled out for so much attention. Besides, all publicity is good publicity.

Taurus April 21 - May 21
Your daily routine will be interrupted today and you won't be too happy about it. That said, does your life really need to be so regimented? Maybe you should try to relax a bit.

Gemini May 22 - June 21
Why is it that everyone but you seems to have got it wrong? Why is that no one can see what you can see? Whatever the reason, carry on with your own way of doing things.

Cancer June 22 - July 23
Don't try to reason with certain people because whatever you say they will disagree with. It may annoy you that they are so stubborn but you are like that too sometimes.

Leo July 24 - Aug. 23
To some people the current outlook may seem a bit glum but you can see the bright side in even the darkest situation, so make it your aim to remind them that life can still be fun. But if they remain unconvinced don't let them bring you down too.

Virgo Aug. 24 - Sept. 23
Don't let someone's selfishness or stupidity get to you today. Stay calm and refuse to let your lower nature take control.

Libra Sept. 24 - Oct. 23
If you don't feel like working today then don't force yourself. There is no point starting anything too detailed. If possible, keep your powder dry until the new moon comes round on Friday. Then your enthusiasm will return.

Scorpio Oct. 24 - Nov. 22
If you're wondering what might have been that is a sure sign you need to make changes. Give it a few days and it may surprise you how easy it is to transform your life.

Sagittarius Nov. 23 - Dec. 21
There are times when it is smart to keep your thoughts to yourself and this is one of them. Even if a family member pesters you for an opinion today you must bite your tongue.

Capricorn Dec. 22 - Jan. 20
Employers are demanding and what annoys you most is that they change their minds every two minutes. Getting angry will make matters worse.

Aquarius Jan. 21 - Feb. 19
You will do something so strange today that even those who know you well may wonder if you are losing your mind. Maybe you are but either way it's good to keep them on their toes. Don't ever be taken for granted.

Pisces Feb. 20 - March 20
If you rely heavily on emotions then you may stray from the truth. The more you see conspiracies round every corner the more you can be sure that your imagination is playing tricks on you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	4	7	2					
			3	7	6	2	4	
		6				5		
		3					1	
		2				3	7	5
	5	8	1		2	4		6
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8			4			7	5	
	7	5						

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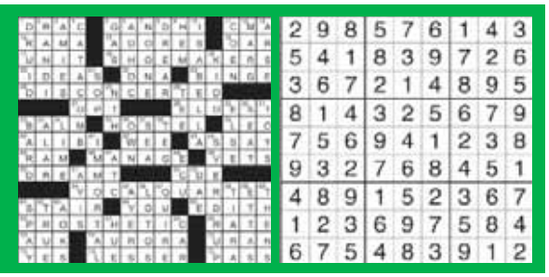

2	9	8	5	7	6	1	4	3
5	4	1	8	3	9	7	2	6
3	6	7	2	1	4	8	9	5
8	1	4	3	2	5	6	7	9
7	5	6	9	4	1	2	3	8
9	3	2	7	6	8	4	5	1
4	8	9	1	5	2	3	6	7
1	2	3	6	9	7	5	8	4
6	7	5	4	8	3	9	1	2

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